ABSTRACT OF THE DISCLOSURE

In the ink jet recording apparatus using an on-demand supply system, an image natural and stable in color tone is output. For this purpose, when a capacity of a sub-tank is represented by A, an amount of residual ink remaining after the ink has been discharged is represented by "a", a ratio by weight of a volatile component in a composition of ink used is represented by B and a ratio of a colorant concentration of ink at saturated state made by repeating ink supply and ink discharge, to an initial colorant concentration of the ink is represented by R, they are satisfying an equation of $A / (A - a \times B) = R \leq 1.20$.